### MILWAUKEE COUNTY SENIOR DINING

#### **MUSLIM COMMUNITY & HEALTH CENTER**

803 W. LAYTON AVENUE





#### FOR CURBSIDE PICK-UP

# HALAL



## **FEBRUARY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shredded Beef	Kebab	Chicken 65	4 Chicken Tikka	5
Potatoes Salad Raita	w/Rice Hummus Salad	Bhindi Masala Naan Salad	Palak Paneer Naan Salad	CLOSED
2 Pita Bread Orange	Pita Bread Apple	Pear	Chatni Melon	
Grilled Chicken/Rice Grilled Vegetables Baba Ghanouj	Hamburger French Fries Green Beans	Chicken Biryani Mixed Vegetables Naan	Reshmi Kebab Channa Masala Naan	12
Salad Pita Bread Banana	Salad Dressing Orange	Salad Raita Grapes	Salad Fruit	CLOSED
Macaroni 15 w/Ground Beef Hummus	Chicken & Potato w/Red Sauce Hummus	Afghani Kebab Bhindi Masala Naan Bread	Chicken Makhani Daal Channa Naan Bread	19
Salad Pita Bread Apple	Salad/Raita 2 Pita Bread Banana	Salad Chatni Fruit	Salad Pear	CLOSED
Shredded Chicken Rice & Vegetables Falafel	Kebab 23 w/Rice Hummus	Vegetable Rice Naan	Seekh Kebab Mixed Vegetables Naan	26
Salad Pita Bread Orange	Salad Pita Bread Apple	Salad Melon	Salad Grapes	CLOSED



RESERVATIONS REQUIRED 1939-4411





· Baking Powder

Vegetable Oil

· Milk

Frozen Corn

Find these corn recipes here: https://go.usa.gov/xn6DP For more recipes go to: www.whatscooking.fns.usda.gov

Cornmeal

· Flour

Sugar

### **Nutrition Facts**

Serving Size: corn, 1 cup (145g)

Amount per serving

### **Calories**

Vitamin D 0mcg

125

0%

0%

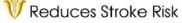
	% Dally Value*
Total Fat 2g	3%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol -	-
Sodium 22mg	1%
Total Carbohydrates 27g	9%
Dietary Fiber 3g	12%
Sugars 9g	
Includes - Added Sugars	

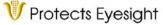
Calcium 3mg 4% Iron 1mg Potassium 390mg 8% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.











Supports Weight Management

₩ Reduces Type 2 Diabetes Risk

### **DID YOU KNOW?**

- An ear of corn has -800 kernels in 16 rows.
- There is one strand of silk for every kernel of corn.
- An ear of corn has an even number of rows-each with the same number of kernels.
- Corn grows on every continent except Antarctica.
- Corn is America's #1 field crop.